



The Human Ecology Foundation of Canada

Head Office: 465 Highway #8, Dundas, Ontario, Canada L9H 4V9
Branches: Hamilton, Kitchener, Ottawa, and Toronto

April 11, 1984

Dear Members and Friends:

The ANNUAL MEETING of our Foundation will be held on Saturday May 12, 1984.

The meeting will take place at the ROCKTON COMMUNITY HALL in Rockton, Ontario. Travel along Highway #8 approximately 3 miles north of Highway #5 to the village of Rockton and make a right jog to the old highway, follow this road approximately ¼ mile--the hall is on the left side.

BUSINESS MEETING -- 11:00 a. m.

LUNCH -- 12:00 - 2:00 p. m. -- Bring your own lunch and enjoy the country or eat in the restaurants nearby in Rockton, West Flamboro, or Dundas.

AFTERNOON SESSION -- SPEAKER -- 2:00 p. m.

Our guest speaker will be BRUCE SMALL, P. Eng. Bruce is a Canadian Professional Engineer and President of Small & Associates, a planning and environmental research company, known for its work in the field of building related illness. He is Executive Director of the Foundation for Independent Research on Technology and Health, a charitable organization developing information systems concerning environmental health. Bruce and Barbara Small co-direct the Sunnyhill Research Centre, an experimental low-pollution health facility nearing completion in Goodwood, Ontario.

TOPIC -- SIGNS OF SPRING: A NEW CLIMATE FOR ENVIRONMENTAL CHANGE IN CANADA

Bring a friend and enjoy a day in the country.

Ecologically yours,

Darlene Koski
President
Human Ecology Foundation of Canada

bk:dk

Please find below a proxy vote form to allow you to vote even if you are not able to attend the meeting in person.

Proxy Vote

I _____ appoint _____ to vote on my behalf on all matters arising out of the annual meeting of the Human Ecology Foundation of Canada to be held on May 12, 1984.

(signature)

MINUTES

The Human Ecology Foundation of Canada - Ottawa Branch

The Executive Meeting was held Tuesday, April 10, 1984 at the home of Lynda Brooks, 97 Village Green Cresc., Kanata, Ontario

Present: L. Brooks, President
J. Lee, Librarian
E. Dorlet, Editor, Newsletter
D. Pedersen, Treasurer
F. Georganas, V.P. External Affairs
C. McCoy, Chairperson, Wild Game

1. Treasurer's Report - Cash on hand: \$765.88 - no problems
2. V.P. External Affairs - Next General meeting - Wednesday April 25 at 7:40 p.m. at Westboro Community Centre. This meeting will be an informal get together, the central theme being "What do members want - what are they looking for"

The President would like to know how important the Foundation is to each member. If people are happy with what they get out of HEF now, then leave organization as is. In last survey and recent letters people have asked that HEF become better known, but more volunteers are needed to achieve this. The executive is having trouble filling present positions to keep status quo.

A discussion followed on the direction of HEF and the format of meetings. It was suggested that a more informal name be used for the general meeting as the present name connotes a very formal annual meeting at which administrative business is discussed. No name was decided upon at the meeting. The use of name tags was also suggested and an effort to approach new members at meetings. It was suggested that the phone committee pass to the executive the names of any new members who plan to attend the next general meeting.

At present, the emphasis of HEF is on newly sick people. Perhaps the emphasis should change to long term and those who have become well; our group is not desperately sick. A need for political action was expressed and discussed. The executive wants to know whether the group should continue as a self-help group for newly sick or be more politically and educationally oriented. It was decided that this could be discussed at the general meeting April 25.

Until the present, there has been a close link with doctors - Dr. McLennan founded the group and doctors tend to refer those they themselves can't help. This link may not necessarily be good for the group as there are resulting restrictions. Perhaps there is a need to work more closely with other groups, similar to the link with AIA. These links may attract more members. The question was also raised about the type of meetings that might attract healthy people.

It was decided that the phone committee (11 members) would advise of the April 25 meeting and if they wished, to discuss what members wanted out of HEF if the member could not attend the meeting.

3. Chairperson, Wild Game - Fish order sent to Ottawa although the order didn't total \$200. Carolyn has not feedback on fish but hers is good. She is not sure if she is prepared to commit herself to the job of ordering the fish. People did not pick fish up quickly and her space is limited. It was suggested that perhaps 3 or 4 people might want to get together and put in an order.

Moose - there are 9 lockers of moose - at \$4/per locker/per month, this is expensive. Carolyn has only filled 6 orders or \$325 since February. Some people who started with the moose can no longer eat it. It was suggested that Lynda could sell some at the annual meeting in Toronto. It was suggested that recipes might encourage people to eat it.

Four deer are on their way shortly.

Reindeer is not being ordered as there were only 2 people interested. However, Albert's Meat Market sells it for \$7/pound - a price similar if we ordered.

Carolyn talked about a new member interested in buying dry goods in bulk and selling to other members. The problems that he might encounter were discussed and it was left that Lynda would discuss the idea with him.

4. Library - HEF is listed as a self-help group in a book on this subject. Lynda will look at description as it stands now and make corrections if necessary.

Copies of The Yeast Connection are available at \$12 - 10 copies are available.

5. Minutes - There was a discussion about having a copy of the Executive Meeting Minutes available at general meetings - it was agreed that this could be arranged. The point was raised because it was felt that there were no problems, that the Executive was running smoothly. Lynda pointed out that she has twice included a letter to members in the newsletter to indicate what problems the executive were having.

MOTION: Copies of Executive Meeting Minutes will be available at General Meetings. The motion was seconded and passed.

6. There was a discussion on air filters - it was decided that information on adapting the air filters could be included in the next newsletter.
7. Resource Book - Looking for a volunteer to compile a resource book from information in the newsletters - Lynda has colour-coded her newsletters to make job easier. The book could be sold. Hillary has expressed an interest in doing this. She will be contacted. Request for ideas and suggestions will be put forward in next newsletter and next meeting.

8. Cellophane Bags - Lynda has information to indicate that these bags might contain formaldehyde. Although the information is not concrete, the suggestion will be passed on in the next newsletter as a possibility. No more bags will be ordered unless there is a demand.

For storage, glass is best followed in order by aluminum, plastic, cellophane.

9. The next executive meeting will be held Tuesday, May 8 at 7:30 at Lynda Brooks home.
10. Janet Lee moved that the meeting be adjourned. it was seconded and passed.

THE HUMAN ECOLOGY FOUNDATION OF CANADA

The Human Ecology Foundation of Canada is a charitable organization which helps people with ecological illness, by:

- providing information;
- promoting research;
- encouraging physicians to become involved;
- educating others;
- finding sources of chemically less-contaminated food, water, clothing and household furnishings;
- counselling people on changes of life-style that may alleviate symptoms; and
- promoting a healthier, less-polluted environment.

People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, or in water.

Natural inhalants such as pollens, dust and moulds and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as allergy. But the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment.

Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life and career.

Membership in the Foundation includes: an extensive "Welcome Kit"; subscription to the Foundation's Quarterly magazine which covers the latest developments in prevention and treatment of ecological illness; four Branch newsletters which provide practical, day-to-day information; a list of up-to-date sources of chemically less-contaminated foods and materials; the use of the Branch library; and at least four meetings with knowledgeable guest speakers.

Fees: Membership \$20.00 per year
Corporate Sponsorship \$100.00

For further information, contact:

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